



# Alamo Area Aquatic Association

[www.aaaa-sa.org](http://www.aaaa-sa.org)  
**Meet Information**  
Posted 11/07/11



Nadadores

- Name:** •2011 San Antonio Nadadores Slower than “BB”
- Sanction:** •ST-11-92
- Dates:** •Saturday and Sunday, December 10 and 11, 2011
- Venue:** •San Antonio Natatorium  
•1430 West Cesar Chavez Blvd.  
•San Antonio, Texas 78207 (2 blocks South of Colorado and Commerce)  
•210-299-1560
- Facility:** •Eight- 25-yard lanes  
•Start end depth 5.5 feet / Turn end depth 4.5 feet  
•Daktronics Timing System  
•Seating is for 500 - It is recommended that attendees bring chairs  
•Concessions available  
•The course has not been professionally surveyed
- Cell phone Restrictions:** •The presence and / or use of cell phones, and / or any other equipment capable of producing audio recordings, photographic or video images in locker rooms, rest rooms or changing areas is strictly and specifically prohibited at all times  
•There are no exceptions to this prohibition  
•Violators are subject to disqualification from the meet, disbarment from the facility and arrest
- Liability** •In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, (STSI), the Alamo Area Aquatic Association (AAAA), the San Antonio I.S.D., and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet
- USA Swimming Registration:** •All swimmers, coaches, and officials participating in this competition must be currently (2011/12) registered with USA Swimming  
•All should also be prepared to present their USA Swimming ID Card as proof of their Registration to the Meet Director or designee at any time  
•Swimmers who **1)** chose to enter time trials when offered, **2)** late enter when possible, or **3)** need to be late entered because of clerical errors by the team or the meet host; will be required to present their USA Swimming ID Card  
•National and LSC Regulations do not allow for any exceptions to these policies
- Rules:** •The 2011 USA Swimming Rules and any relevant sections of the STSI Policies and Procedures Manual will apply
- Format:** •Individual events only  
•No relays  
•Timed finals  
•All events will be seeded by time and gender without regard to age

## Entry

- Restrictions:**
- This meet is open to any swimmer currently (2011 / 2012) registered with USA Swimming
  - Age as of December 10, 2011 determines age for the entire meet
  - Maximum of 5 individual events per day
  - Swimmers may not enter any event for which they have previously swum at or faster than the 2009 – 2012 National Motivational “BB” time
  - Entries will be capped at 350

## Unaccompanied

- Swimmers:**
- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water
  - It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

## Qualifying

- Times:**
- The qualifying times for this meet are **slower** than the 2009 – 2012 National Motivational Top-16-based “BB” times
  - Swimmers who have achieved lifetime best times equal to or faster than these times may NOT enter this meet

## Entry

- Deadline:**
- 6:00 PM, Tuesday, November 29, 2011

## Proof

- of Time:**
- No!

## Late/Deck

- Entries:**
- Yes
  - However, entries received after the entry deadline will be treated as LATE entries and accepted at twice the normal entry fee
  - Late entering swimmers must present their current 2011 / 2012 USA Swimming registration card to in order to enter*

## Entry

- Procedures**
- The **only** acceptable mode of entry is via Hy-Tek Commlink or File or disk
  - A hard copy and Entry Fee Report must be included with your entry
  - If you have questions on this procedure contact Don Walker at the e-mail address noted below
  - Please format any disks before utilizing for entries
  - An “HYV” File for Team Manager is available on the Meet CAalendar Page of the AAAA Web Site ([www.aaaa-sa.org](http://www.aaaa-sa.org))
  - Entries received without a seedtime (NT) **will not** be entered into this pre-seeded meet and any entry fees **will not** be refunded
  - Mail or hand-deliver entries to the Entries Chair noted below
  - Entries may also be submitted via e-mail
  - Please be certain to confirm your acceptance into this meet prior to making your air and hotel reservations.

## E-Mail

- Entries:**
- Entries in Commlink Format only, **MUST** be sent to: [dmw15479@aol.com](mailto:dmw15479@aol.com)
  - The Commlink File must be renamed to clearly identify the entering team, the shorter the better
  - Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded.
  - Athletes WILL NOT be entered into Meet Manager until the Meet Entry Report (hard copy) is received as an attachment to the e-mail or hand-delivered to the meet director.

## FAX

- Entries:**
- Under no circumstances will entries be accepted via FAX.

## Entry Fees:

- (Includes Splash Fee)
- Normal \$ 6.50 per event
  - Late \$13.00 per event
- Checks payable to: San Antonio Nadadores

**Meet Management:**

- |  |                           |                                 |
|--|---------------------------|---------------------------------|
| <b>•Entries Chair &amp; Meet Director:</b> | <b>•Meet Referee:</b>     | <b>•Administrative Referee:</b> |
| •Don Walker                                | •Jonathan Rightmyer       | •Angella Woodard                |
| •110 Tuleta Drive                          | •3730 Longridge           | •Majestic Prince                |
| •San Antonio, TX 78212                     | •San Antonio TX, 78228    | •San Antonio, TX                |
| •210-299-1560                              | •210-857-4950             | •                               |
| •dmw15479@aol.com                          | •john_rightmyer@yahoo.com | •                               |

- Warm-ups:**
- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page five
  - AAAA will warm up from 7:30-8:05 am
  - All other teams will warm up from 8:05-8:40 am (both days)

- Time Trials:**
- None

- Scratch Rules:**
- There are no penalties for scratching from a pre-seeded, timed final meet
  - However, known scratches will allow for additional late / deck entries.

- Scoring:**
- None

- Awards:**
- Ribbons places one through eight
  - 8 and Under — 9 and 10 — 11 and 12 — 13 and 14
  - No awards for 15 and Over swimmers

- Special Needs:**
- Please notify the San Antonio Natatorium (210-299-1560) in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
  - The NISD Staff will make reasonable accommodations for swimmers coaches, or spectators who wish to enter and use our facility.
  - In any meet sanctioned or approved by South Texas Swimming, Inc., which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i. e., Article 105.
  - A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.
  - Coaches and / or athletes must notify the Meet Referee before the event begins if they are to be considered to be judged under Article 105.

- Daily Schedule:**
- |  |                                |                 |
|--|--------------------------------|-----------------|
| •Warm Up Session One                                   | Competition Pool- 7:30-8:05 AM | AAAA only       |
| •Warm Up Session Two                                   | Competition Pool- 8:05-8:40 AM | All other teams |
| •South Pool available for constant warm-up / cool down |                                |                 |
| •Coaches' meeting                                      | 8:45 AM                        |                 |
| •Sessions begin  | 9:00 AM                        |                 |

- Timers:**
- Teams will be required to provide timers proportionate to their entries
  - Competitors in the 500 free and 400 I-M will be required to provide their own backup timers and lap counters
  - Swimmers or Coach must positively check in for these two events by 10:30 AM on the day of the event.

- Officials:**
- All currently (2011 / 2012) certified and in training USA Swimming officials are cordially invited to participate.
  - Please report to the Meet Referee at least 30 minutes prior to the schedule starts time to receive your assignments
  - The wearing of name tags is strongly encouraged

## Order of Events and Minimum Qualifying Times (SCY)

### 2009 – 2012 National “BB” Times

Distances are in yards

Saturday, December 10th at 9:00 AM					Sunday, December 11th at 9:00 AM							
Girls No.	Slower Than	Age Group Distance and Stroke	Slower Than	Boys No.	Girls No.	Slower Than:	Age Group Distance and Stroke	Slower Than	Boys No.			
<b>1</b>	<b>100 Breaststroke</b>			<b>2</b>	<b>15</b>	<b>200 Butterfly</b>			<b>16</b>			
	1:46.69	10 and Under	1:43.69			2:51.79	11 and 12	2:48.29				
	1:29.29	11 and 12	1:27.79			2:40.99	13 and 14	2:31.99				
	1:24.09	13 and 14	1:18.09			2:36.49	15 and Over	2:24.49				
	1:21.99	15 and Over	1:14.69	<b>17</b>	<b>50 Breaststroke</b>			<b>18</b>				
<b>3</b>	<b>100 Butterfly</b>				<b>4</b>	0:47.79	10 and Under		0:47.89			
	1:42.09	10 and Under	1:40.39	0:40.89		11 and 12	0:40.79					
	1:20.19	11 and 12	1:18.69	<b>19</b>		<b>100 Backstroke</b>			<b>20</b>			
	1:13.49	13 and 14	1:08.09			1:33.99	10 and Under	1:32.09				
1:11.79	15 and Over	1:05.09	1:21.09		11 and 12	1:19.09						
<b>5</b>	<b>200 Backstroke</b>				<b>6</b>	1:14.19	13 and 14	1:09.59				
	2:48.89	11 and 12	2:45.59	1:12.09		15 and Over	1:06.19					
	2:39.59	13 and 14	2:29.79	<b>21</b>		<b>200 Individual Medley</b>			<b>22</b>			
2:35.89	15 and Over	2:23.39	3:19.39		10 and Under	3:18.09						
<b>7</b>	<b>50 Freestyle</b>				<b>8</b>	2:50.69	11 and 12	2:49.39				
	0:35.99	10 and Under	0:35.19			2:42.99	13 and 14	2:31.99				
	0:31.89	11 and 12	0:30.99	2:39.29		15 and Over	2:26.39					
	0:30.99	13 and 14	0:28.49	<b>23</b>		<b>50 Butterfly</b>			<b>24</b>			
0:30.39	15 and Over	0:27.39	0:42.99		10 and Under	0:41.99						
<b>9</b>	<b>50 Backstroke</b>			<b>10</b>	0:35.09	11 and 12	0:35.19	<b>25</b>	<b>100 Freestyle</b>			<b>26</b>
	0:43.49	10 and Under	0:43.69		1:21.59	10 and Under	1:19.99					
0:36.79	11 and 12	0:36.49	1:08.29	11 and 12	1:07.89							
<b>11</b>	<b>200 Freestyle</b>			<b>12</b>	1:07.39	13 and 14	1:02.19					
	2:58.29	10 and Under	2:50.89		1:05.79	15 and Over	0:59.79					
	2:31.49	11 and 12	2:27.49		<b>27</b>	<b>200 Breaststroke</b>			<b>28</b>			
	2:24.99	13 and 14	2:15.69			3:11.69	11 and 12	3:07.29				
2:21.19	15 and Over	2:10.09	3:00.69	13 and 14		2:49.39						
<b>13</b>	<b>400 Ind. Medley</b>			<b>14</b>	2:56.39	15 and Over	2:42.59	<b>29</b>	<b>500 Free</b>			<b>30</b>
	6:04.19	11 and 12	5:56.29		7:39.49	10 and Under	7:35.19					
	5:44.29	13 and 14	5:25.49		6:40.09	11 and 12	6:35.09					
5:35.69	15 and Over	5:11.79	6:22.39	13 and 14	6:03.19							
<b>Events 13 and 14, and 29 and 30 will require positive check-ins by 10:00 AM on the day of the event, be gender combined (mixed) and swum <u>FASTEST</u> to <u>SLOWEST</u>.</b>					6:16.29	15 and Over	5:51.29					

# SOUTH TEXAS SWIMMING, Inc.

## Safety Guidelines and Warm-up Procedures

### A. WARM-UP PROCEDURES

#### I. Assigned warm-up Procedures.

- a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
- b. All warm-up activities will be coordinated by the coach(es) supervising that lane
- c. Dive sprints may be done only under the direct supervision of the coach

#### II. Open warm-up procedures.

#### LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
8 Lanes	1 and 8	2 and 7	3 through 6
6 Lanes	1 and 6	2 and 5	3 and 4

- a. The first ½ of the assigned warm-up time shall be general warm-up for all lanes.
- b. Push/Pace Lanes will push off one or two lengths from starting end.
- c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times - one way only!
- d. Dive sprints may only be done under the direct supervision of the coach.
- e. There will be no diving in the general warm-up lanes - circle swimming only.
- f. No kick boards, pull buoys, or hand paddles may be used.

### III. Safety Guidelines

#### a. Coaches are responsible for the following:

1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices
2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.

#### b. The host team will be responsible for the following.

1. A minimum of four (4) marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s).
2. Marshals must be members of United States Swimming.
3. Marshals will have authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these Procedures.
4. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
5. Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area and the following statement will appear in the meet information: "South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
6. An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
7. Hazards in locker rooms, on deck, or areas used by coaches, swimmers, or officials will be either removed or clearly marked.

### B. MISCELLANEOUS NOTES

- I. Backstrokers will ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
- II. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- III. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- IV. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- VI. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups unless approved by the Referee.

**NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations; so long as safety considerations are not compromised. Any such changes will be announced and/or prominently posted in the pool area.**